

# Getting Them to Eat It: Nutrition Education

Teresa Motlas &  
Kelsey Bauer  
SFSP Summit  
May 4, 2011



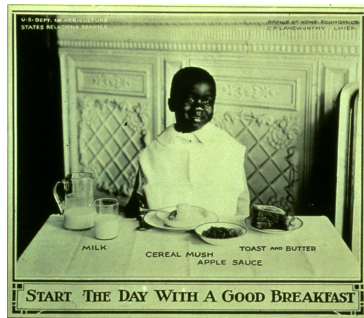
1

## Overview

- ▶ USDA and Nutrition
- ▶ Nutrition Education Defined
- ▶ Nutrition Education in Action
- ▶ Nutrition Education Partnerships
- ▶ Questions & Answers

2

## USDA: Nutrition Background



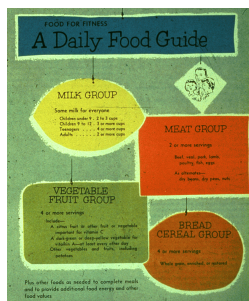
Early Food Guides (1894-1940)



Basic 7 Food Guide (1943-1955)

3

## USDA: Nutrition Background



Basic 4 Food Guide (1956 – 1979)

- Milk
- Meat
- Vegetable/Fruit
- Bread

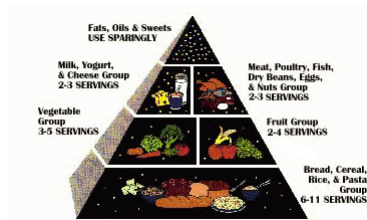


Hassle – Free Food Guide  
(1979-1984)

- Basic 4 plus
- 5<sup>th</sup> group of fats, sweets, oils & alcohol

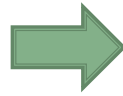
4

## USDA: Nutrition Background



Food Guide Pyramid(1992)

6 groups –  
Fruit & Vegetables are separate  
groups



MyPyramid (2005)

6 groups –  
Individualized Plans & Physical  
Activity is included  
Web-based & Interactive

5

## Nutrition Education – Defined

1. Knowledge  
Translates science based information to consumers using education and communication methods.
2. Behavior Change  
Focuses on individual motivations.
3. Environmental Change  
Focuses on external factors that influence individual choice.

6

## Nutrition Education – Defined

- ▶ Any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food- and nutrition related behaviors conducive to health and well-being;
- ▶ Nutrition education is delivered through multiple venues and involves activities at the individual, community and policy levels.

Society for Nutrition Education, 2006  
American Dietetic Association, 2003

7

## Nutrition Education in *Action*

- ▶ Activities that help children
  - Adopt healthy eating habits
  - Develop knowledge of essential nutrients
  - Develop positive attitudes toward food
  - Learn to accept a wide variety of foods
  - Learn safe food preparation



<http://www.fightbac.org/education-a-outreach>  
<http://www.fooddetectives.com/>

8

## Nutrition Education in *Action*

- ▶ Activities that combine nutrition with other learning concepts.
  - Art, Math, Science
- ▶ Activities that use multiple senses.
  - Eyes, Ears, Nose, Mouth & *Hands!*

Activities that encourage children to see & do.

9

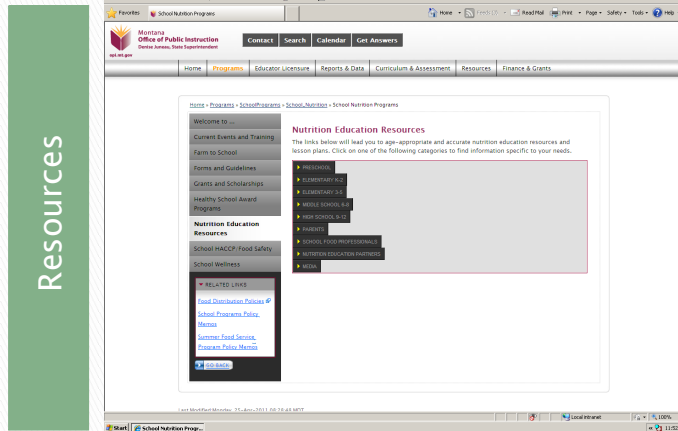
## Nutrition Education in *Action*

- |                   |                              |
|-------------------|------------------------------|
| ▶ Arts & Crafts   | ▶ Food Preparation & Recipes |
| ▶ Books           | ▶ Field Trips                |
| ▶ Games & Puzzles | ▶ Gardening                  |
| ▶ Music           | ▶ Nutrition Fairs            |
| ▶ Puppet shows    | ▶ Tasting Parties –          |
| ▶ Skits or plays  | “Taste & Vote”               |

Activity Examples

10

## Nutrition Education in *Action*



[www.opi.mt.gov](http://www.opi.mt.gov)

11

## Nutrition Education in *Action*

SFSP – Nutrition Guidance for Sponsors

[http://www.opi.mt.gov/pdf/SchoolFood/Summer/11NutritionGuide\\_Sponsors.pdf](http://www.opi.mt.gov/pdf/SchoolFood/Summer/11NutritionGuide_Sponsors.pdf)

Team Nutrition

<http://www.fns.usda.gov/tn/>

Team Nutrition Resource Library

<http://teamnutrition.usda.gov/>

USDA Recipe Finder

<http://recipefinder.nal.usda.gov/>

12

## Nutrition Education in *Action*

Produce for a Better Health Foundation



<http://www.foodchamps.org/>



Pick a Better Snack & Act

<http://www.idph.state.ia.us/pickabettersnack/default.asp>

13

## Nutrition Education Partnerships



- Montana Team Nutrition  
[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/MTTeam.html](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html)
- MSU Extension & SNAP-Ed  
<http://www.msuextension.org/nep>
- Eat Right Montana & Action for Healthy Kids  
<http://www.eatrightmontana.org/>
- Montana NAPA (Nutrition And Physical Activity Program)  
<http://www.montanapna.org/nutrition.html>



14



## Nutrition Education Partnerships

- ▶ Ag in Montana Schools

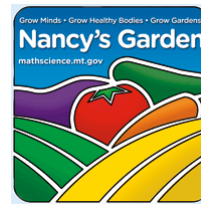
<http://www.agclassroom.org/index.cfm>

<http://www.aginmontanaschools.org/>

- ▶ Nancy's Garden Curriculum

<http://serve.mt.gov/>

<http://www.mathscience.mt.gov/>



### Montana Farm to School

<http://www.farmentoschool.org/MT/programs.htm>



15

## Q & A

16